

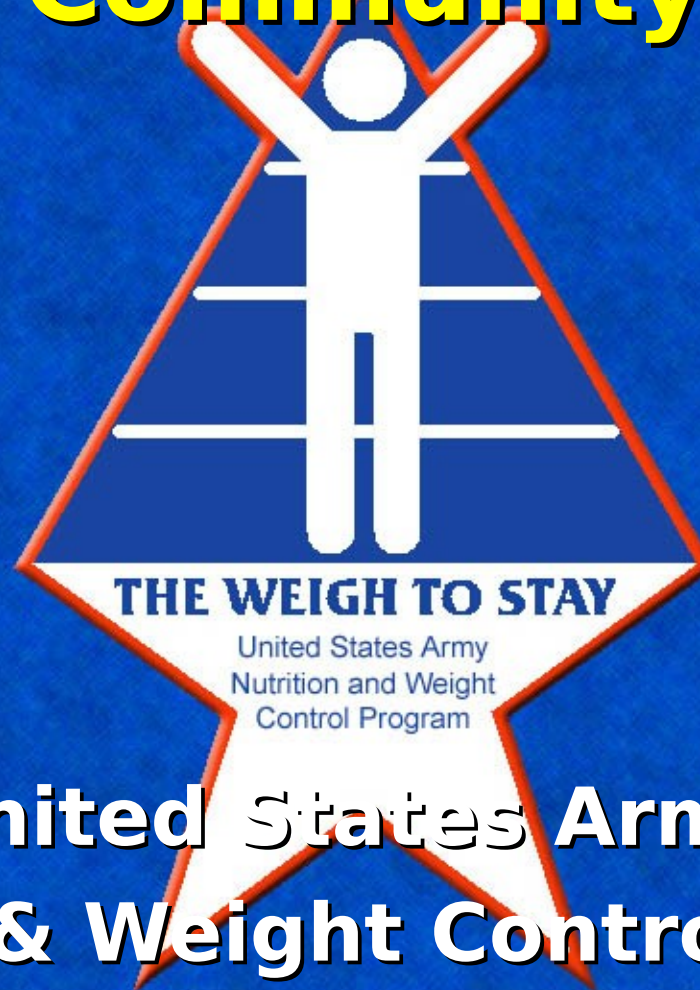
# Ultimate Warrior Website on “My Medical” of AKO



**Two Private Communities;  
Weigh to Stay and  
HOOAH BODIES**



# The “Weigh” To Stay Community



**United States Army  
Nutrition & Weight Control Program**



# Session 1

- Identify reasons for maintaining an appropriate weight- Current AR 600-9
- Calculate Body Fat & BMI for daily caloric intake
- Identify Nutrition Basics & Myths
- Discuss hazards of fad diets & nutrition myths / Identify dangers of supplements
- Learn to read food labels (Nutrition Facts)
- Discuss the importance of exercise/physical activity

# **Session 2**

- Learn Meal Planning**
  - **Food Guide Pyramid**
  - **Individual Calorie Needs**
- Discuss Weight Loss Strategies**
- Introduce Behavior Modification**
- Address Hunger & Timing of Meals**
- Analyze Food & Activity Records**
- Meal planning based on daily schedules**



# Session 3

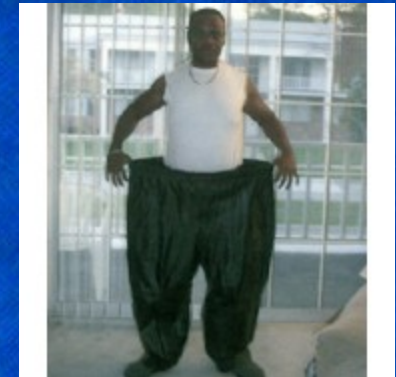
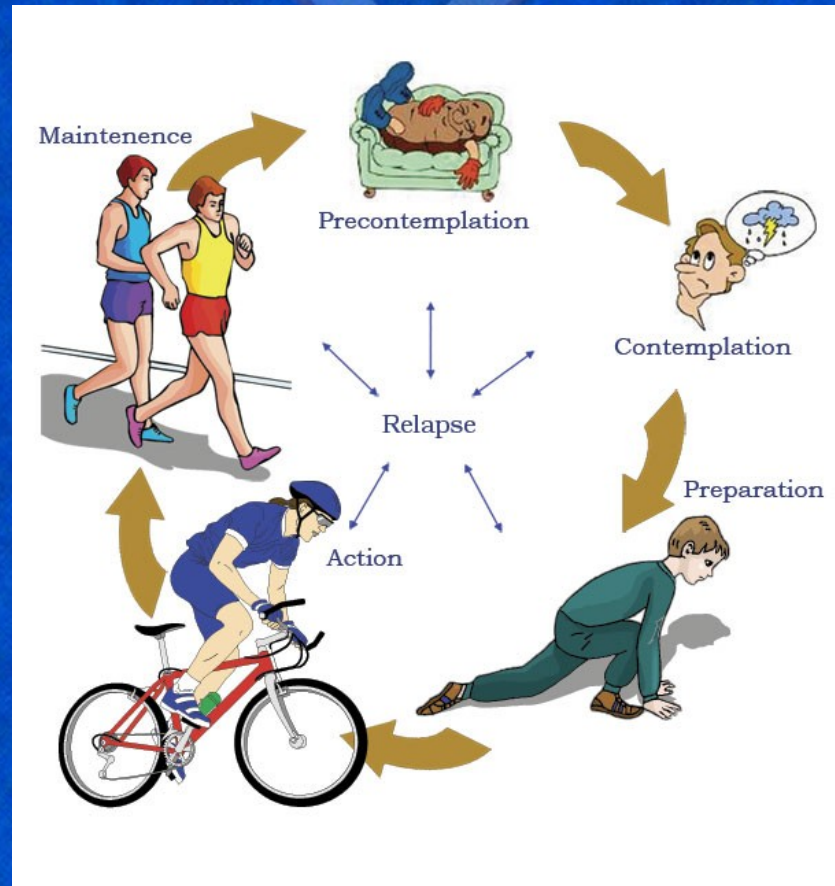
- ❑ Understand Exercise Basics
  - Cardiorespiratory Fitness
  - Muscular Fitness
  - Flexibility
- ❑ Design an Effective Exercise Program
- ❑ Avoiding Injuries/ Discussion of exercise Myths
- ❑ Setting Fitness & Nutrition Goals



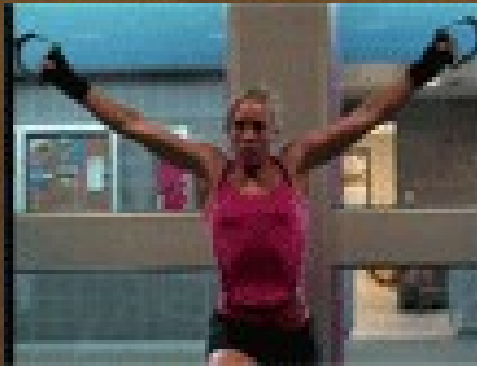


# Session 4

## Behavior Change Strategies



# HOOAH BODIES



Sports Nutrition, Dietary Supplements,  
Endurance Training, Body Building





# Join the Ultimate Warrior Website Private

Log on to AKO - go to My Medical - go to Weigh to Stay Program:

DD Form 2870

Preliminary Data Collection Form

Soldiers must print, complete and fax these forms to:

LTC Jaghab, USACHPPM

Phone (410) 436-8856, FAX 436-7381, DSN 584-

Weigh to Stay classes will commence on 15 Nov 06

HOOAH BODIES Registration is currently being constructed for a 30 November 06 start date.

**SEPARATE REGISTRATIONS ARE NEEDED FOR EACH  
COMMUNITY**



# Conclusion

- The program's success will change AR 600-9 policy, while increasing Soldier readiness and supporting the President's E-Health Initiative.

